

I claim:

1. A composition for making an edible product, comprising:  
a first mixture having chocolate powder with low fat and low carbohydrates;  
5 a second mixture having cream with low carbohydrates, whereby a serving of the  
composition has less than approximately 5 net carbohydrates.
2. The composition of claim 1, wherein the net carbohydrates includes sugar and  
starches.  
10
3. The composition of claim 1, wherein the serving includes: approximately 8  
ounces.
4. The composition of claim 1, whereby the first mixture includes:  
15 a pre-blended mixture of maltitol, non-hydrogenated vegetable oil, low fat cocoa  
powder, milk proteins, soy flour, soy lecithin, and vanilla.
5. The composition of claim 1, whereby the second mixture includes:  
a pre-blended mixture of heavy cream, carrageehan, vegetable mono and  
20 diglycerides, and polysorbate 80.
6. The composition of claim 1, whereby the first mixture includes a mixture of  
maltitol, non-hydrogenated vegetable oil, low fat cocoa powder, milk proteins, soy flour,  
soy lecithin, and vanilla, and the second mixture includes a mixture of heavy cream,  
25 carrageehan, vegetable mono and diglycerides, and polysorbate 80.

7. The composition of claim 1, wherein the edible product includes: chocolate mousse.
8. The composition of claim 1, further comprising:  
5 water added to the first mixture and the second mixture to form a chocolate beverage.
9. The composition of claim 8, whereby the beverage includes: hot chocolate.
- 10 10. The composition of claim 1, wherein the edible product includes: a chocolate creamer.
11. The composition of claim 1, wherein the edible product includes: a dessert.
- 15 12. A method for making an edible composition, comprising:  
providing a first mixture having chocolate powder with low fat and low carbohydrates;  
providing a second mixture having cream with with low fat and low carbohydrates, whereby a serving of the composition has less than approximately 5 net  
20 carbohydrates;  
combining the first mixture and the second mixture over a period of time until a blended silky smooth texture is reached, whereby a serving of the edible composition has both low net carbohydrates.
- 25 13. The method of claim 12, wherein the combining step further includes the step of: whipping the first mixture together with the second mixture.

14. The method of claim 12, wherein the step of providing the first mixture includes the step of: pre-blending a mixture of a pre-blended mixture of maltitol, non-hydrogenated vegetable oil, low fat cocoa powder, milk proteins, soy flour, soy lecithin, and vanilla.
- 5 15. The method of claim 14, wherein the pre-blending step includes the step of providing approximately one teaspoon of the pre-blended first mixture
16. The method of claim 12, wherein the step of providing the second mixture includes the step of: pre-blending a mixture of heavy cream, carrageenan, vegetable  
10 mono and diglycerides, and polysorbate 80.
17. The method of claim 16, wherein the pre-blending step of providing the second mixture includes the step of:  
providing approximately a half cup of the pre-blended second mixture.
- 15 18. The method of claim 12, wherein the steps of providing the first and the second mixtures includes the step of:  
pre-blending a mixture of maltitol, non-hydrogenated vegetable oil, low fat cocoa  
powder, milk proteins, soy flour, soy lecithin, and vanilla, with heavy cream, carrageenan,  
20 vegetable mono and diglycerides, and polysorbate 80
19. The method of claim 12, further comprising the step of:  
adding water to the first mixture and the second mixture to form a beverage.
- 25 20. The method of claim 12, further comprising the step of:  
cooling the composition to form at least one of: a dessert, a topping, and a  
creamer.